

# **Deck of cards workout (25-30 min)**

*Deck of cards, Mat, Weights optional*

**Hearts = Burpees**  
**Spades = Squats**  
**Clubs=Pushups**  
**Diamonds=Sit-ups**

Aces=11  
Jacks, Kings, Queens=12  
Jokers=30 sec rest

One deck per partners or individual. Turn top card over and complete the designated amount on the card of the specific exercise. No rest between sets, only use the Jokers as your rest time. The goal is to complete the deck in 30 minutes or less.

#### Advanced options:

Burpees: bring chest all the way down to the floor and jump up at the top  
Squats: add upright row or hold a wt out front  
Sit-ups: add a wt to your chest

One full deck of cards completed equals 101 of each exercise.